

RED CROSS SOCIETY OF SEYCHELLES

The Red Cross Society of Seychelles uses the strength of volunteers and the generosity of donors to prevent and lessen the impacts of disasters on others which is in line with the RCSS motto for Risk Reduction 'Azir Ozordi, Prepar pou demen'

We are constantly available in times of need thanks to our extensive networks of volunteers. In our efforts to put compassion into practice, we hope that:

Every individual in the country who has been impacted by a disaster is given care and shelter.

Every community is ready and well-prepared for emergencies.

Every community may constantly count on help and solace.

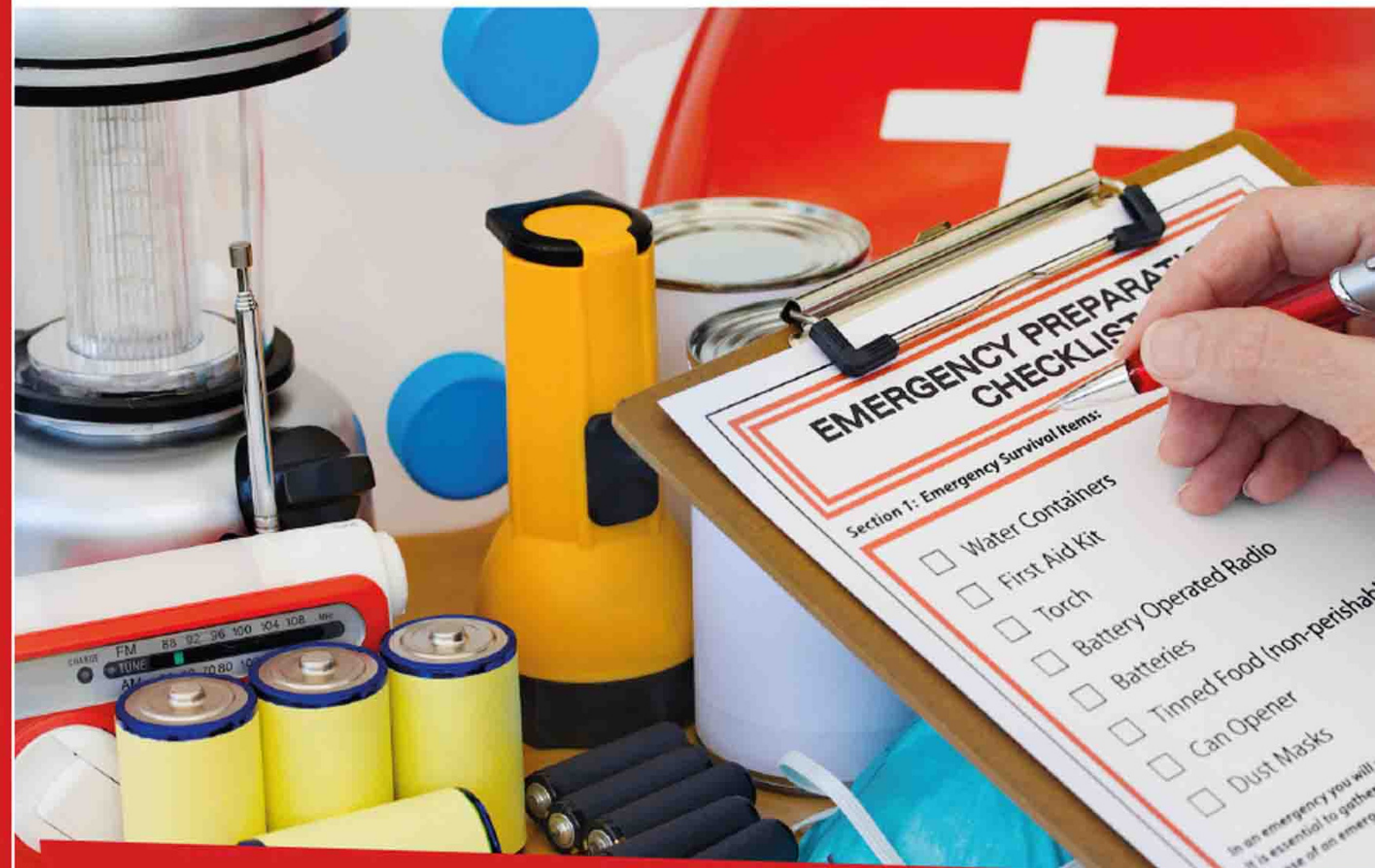
There are always trained people available who can assist in an emergency.



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YOUR STEP BY STEP GUIDE TO BUILDING YOUR **EMERGENCY** PREPAREDNESS KIT



EMERGENCY PREPAREDNESS KIT

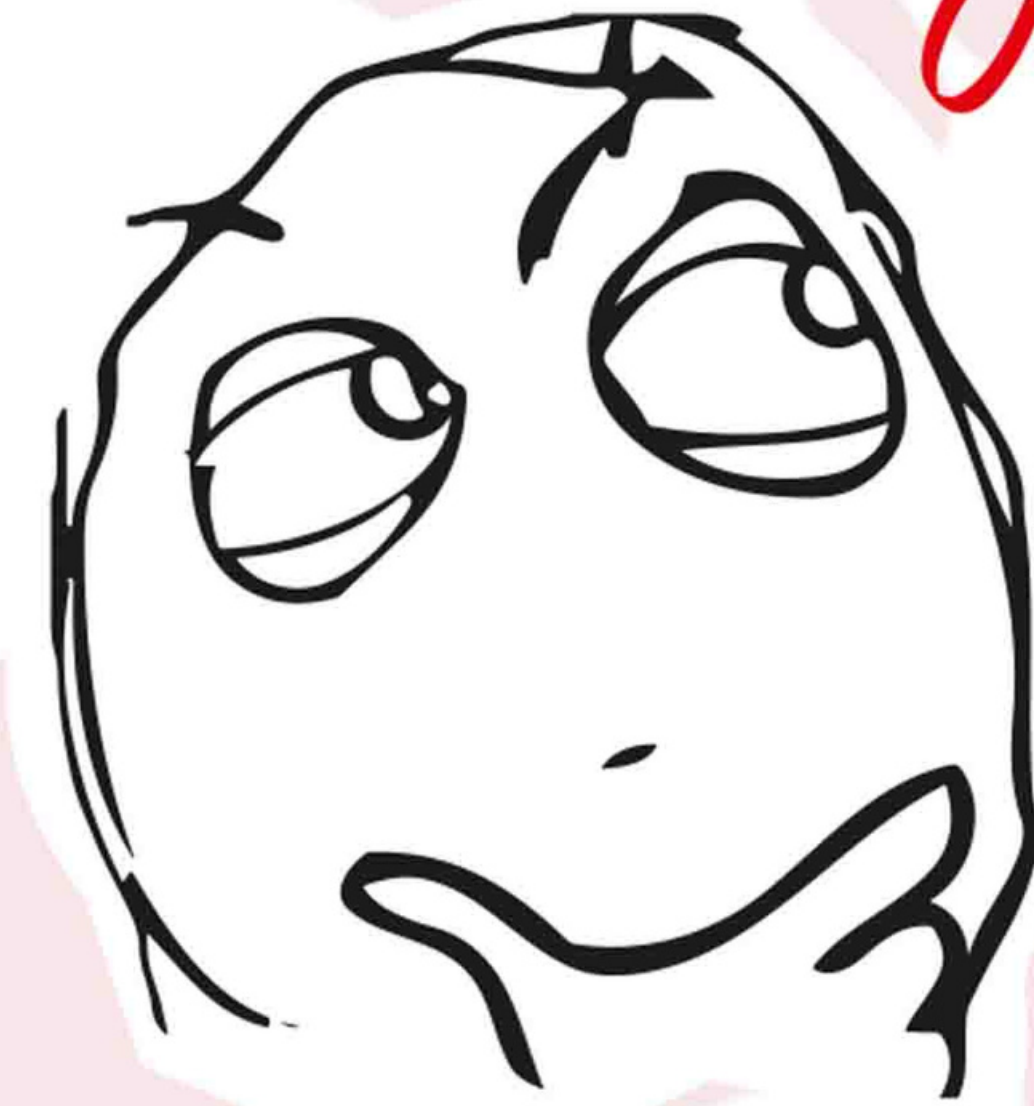


Get Informed, **BE PREPARED**

While you can't know what type of emergency may arise, there are preventive steps that you can take:

Know the risks and identify hazards. Minimize the impacts of the potential risks by ensuring that you are prepared in advance.

*Things to remember in
an emergency*



Your Emergency Preparedness kit should contain enough supplies for at least 3 days.

A basic Emergency Preparedness kit should contain the following:

- Water
- Canned food (Tuna, rations, biscuits)
- Battery-powered radio.
- A flashlight and several candles.
- A first-aid kit.
- Extra batteries, masks, basic personal hygiene items, blankets, extra clothing, a pocket knife, and a cell phone with chargers.



- It's normal to feel anxious and scared, but it's essential to keep calm.
- Think before you act, don't rush as it can lead to poor decisions.
- Do not move a seriously injured person unless there is immediate danger.
- Follow all instructions provided by local authorities.
- Reserve phone calls for emergency communications only.



Knowing when to call for emergency assistance and being prepared can mean the difference between life and death.